

Teaching the World to Heal.



**ATTACH**

Association for Training  
on Trauma and Attachment in Children

# Healing Connections: *The Heart of the Matter*

## 2026 ANNUAL CONFERENCE PROGRAM

APRIL 9 - 11, 2026  
THE WESTIN NORTH,  
SAN ANTONIO, TX

Association for Training on Trauma  
and Attachment in Children

[www.attach.org](http://www.attach.org)

# SCHEDULE AT A GLANCE

## THURSDAY APRIL 9

- 7:30 AM REGISTRATION OPENS
- 8:00 AM EXHIBIT AREA OPENS
- 8:30 AM - 10:00 AM WELCOME & OPENING KEYNOTE
- 10:00 AM - 10:15 AM MORNING BREAK
- 10:15 AM - 11:45 AM SESSION 1 WORKSHOPS
- 11:45 AM - 1:00 PM LUNCH BREAK (ON YOUR OWN)
- 11:45 AM - 1:00 PM PARENT/CAREGIVER LUNCHEON
- 1:00 PM - 2:30 PM SESSION 2 WORKSHOPS
- 2:30 PM - 3:00 PM AFTERNOON BREAK
- 3:00 PM - 4:30 PM SESSION 3 WORKSHOPS
- 5:00 PM EXHIBIT AREA CLOSSES
- 5:30 PM WELCOME RECEPTION

## FRIDAY APRIL 10

- 7:30 AM REGISTRATION OPENS
- 8:00 AM EXHIBIT AREA OPENS
- 8:30 AM - 10:00 AM FRIDAY KEYNOTE
- 10:00 AM - 10:15 AM MORNING BREAK
- 10:15 AM - 11:45 AM SESSION 4 WORKSHOPS
- 11:45 AM - 1:00 PM LUNCH (PROVIDED)
- 1:00 PM - 2:30 PM SESSION 5 WORKSHOPS
- 2:30 PM - 3:00 PM AFTERNOON BREAK
- 3:00 PM - 4:30 PM SESSION 6 WORKSHOPS
- 5:00 PM EXHIBIT AREA CLOSSES
- 5:30PM PARENT & CAREGIVER NIGHT
- 7:00PM RIVER CRUISE

## SATURDAY APRIL 11

- 7:30 AM REGISTRATION OPENS
- 8:00 AM EXHIBIT AREA OPENS
- 8:30 AM - 10:00 AM SESSION 7 WORKSHOPS
- 10:00 AM - 10:15 AM MORNING BREAK
- 10:15 AM - 11:45 AM SESSION 8 WORKSHOPS
- 11:45 AM - 1:00 PM LUNCH (ON YOUR OWN)
- 1:00 PM - 2:30 PM SESSION 9 WORKSHOPS
- 2:30 PM - 3:00 PM AFTERNOON BREAK
- 3:00 PM EXHIBIT AREA CLOSSES
- 3:00 PM - 4:30 PM CLOSING KEYNOTE



# Healing Connections

38TH ANNUAL ATTACH CHILDHOOD TRAUMA  
AND ATTACHMENT CONFERENCE  
APRIL 9 - 11, 2026 | SAN ANTONIO, TX

## WELCOME TO SAN ANTONIO!

Dear Friends and Colleagues,

On behalf of the Association for Training on Trauma and Attachment in Children (ATTACH), it is our great pleasure to welcome you to the 38<sup>th</sup> conference! We are honored to gather with such a passionate, diverse, and dedicated community of changemakers who are committed to bringing services to children and families.

This year's conference theme, "The Heart of the Matter" reflects both the urgency and the opportunity in our work. Over the next few days, you will hear from inspiring speakers, participate in thought-provoking discussions, and engage with peers and partners who share your commitment to making a lasting impact.

We are thrilled to be collaborating with the National Foster Parent Association (NFPA) this year to join two National Organizations together to bring change and connection to those we serve.

As the Executive Director and Board President, we are constantly inspired by the strength and resilience of our network. This gathering is a testament to what we can accomplish when we come together with shared purpose and a bold vision for the future. Whether this is your first conference or your tenth, we hope you leave energized, connected, and equipped with new tools to support your work and your communities. We extend our heartfelt gratitude to our staff, volunteers, sponsors, and partners who helped make this event possible. Most of all, thank you—for your presence, your voice, and your continued leadership.

Welcome—and let's make this conference one to remember!

With appreciation,

*Mary M. McGowan*

Executive Director, ATTACH

*Nicole Fuglsang*

President, Board of Directors



**Mary M. McGowan**

ATTACH, Executive Director  
Minneapolis, MN



**Nicole Fuglsang**

President, Board of Directors  
Lake Ozark, MO

## Board of Directors

Nicole Fuglsang | Lake Ozark, MO

Tracy R. Johnson | New Braunfels, TX

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Teaching the World to Heal

## PROFESSIONAL ATTENDEES:

Register by January 8, 2026 to receive a \$50 discount on your registration fee (applies to Professional Full Conference only).

## CONFERENCE HOTEL DISCOUNT:

Reserve a room at one of the conference hotels and receive a 10% discount on registration fees listed on this page ATTACH

[RESERVE YOUR ROOM HERE!](#)

## Group Discount

**20% DISCOUNT**  
WHEN REGISTERING  
GROUPS OF 5 OR MORE  
FROM ONE AGENCY.

EMAIL US AT  
[CONFERENCE@ATTACH.ORG](mailto:CONFERENCE@ATTACH.ORG)

## Scholarships

FULL AND PARTIAL PARENT & CAREGIVER SCHOLARSHIPS ARE AVAILABLE. FOR MORE INFORMATION:

<https://attach.org/2026-conference/>



# Registration Fees and Information



<https://attach.org/2026-conference/>

## 2026 Conference Registration Costs

	ATTACH Member	Non-Member
<b>Full Conference Professional (Three Days)</b> April 9-11	Regular Rate <b>\$545</b>	Regular Rate <b>\$595</b>
<b>Two-Day Professional</b> Select two days: Thursday, Friday or Saturday	<b>\$425</b>	<b>\$475</b>
<b>One-Day Professional</b> Select one day: Thursday, Friday or Saturday	<b>\$275</b>	<b>\$325</b>
<b>Student/CASA Rate</b> Students must provide proof of current enrollment in psychology, social work, or similar field.	Per Day <b>\$125</b>	
<b>Parent / Caregiver Rate</b> Must be current parent(s) of child with trauma and attachment issues. This option is not eligible for CE credits..	Per Day <b>\$100</b>	Per Day <b>\$125</b>

*\*The cost of the hotel is not included with your registration fees. Travel accommodations are not included with your registration fees and must be arranged separately by the attendee. We provide a lower negotiated reservation cost for those that are attending the event, and we offer a reduced conference registration fee for those staying at one of our host hotels.*

CANCELLATION POLICY: A \$50 handling fee will be deducted from refund for cancellation made by March 8, 2026. No refunds will be made for cancellations on or after March 8, 2026.



The NFPA is a respected national voice for **Foster**, **Kinship** and **Adoptive** parents through **networking**, **education** and **advocacy**.



- Free 24/7 Video Courses
- Certificates for Hours
- Tax Guide Specifically for Caregivers
- NFPA Blog
- Coffee with Caregivers Podcasts
- Dondiego Family Youth Scholarships



- Monthly newsletter
- Annual Education Conference
- Helen Stone Conference Scholarships
- Parent Networking Opportunities
- Shared Best Practices & Key Resources



- Focus Groups
- Capitol Hill Visits
- State Collaboration
- National Representation
- Federal Policy Tracker

## Get Involved & Stay Informed!

Follow us on Facebook and X to be notified of updates on legislation we're following, new training opportunities, scholarships, and more. Be sure to visit [nfpaonline.org](http://nfpaonline.org) to sign up to receive our monthly newsletter, ConnectU.



Contact Us at [info@nfpaonline.org](mailto:info@nfpaonline.org)

[www.nfpaonline.org](http://www.nfpaonline.org) | [www.nfp Pati.org](http://www.nfp Pati.org) | [www.nfpacosa.org](http://www.nfpacosa.org)



# Special Events

## Meet Sponsors & Exhibitors

8:00 am - 5:00 pm Thursday, Friday, & Saturday  
Find out more about their programs and services.

## Open Yoga Classes

Led by a trauma informed yoga instructor

7:00 am - 7:45 am

Friday, April 10

Saturday, April 11

All Levels Welcome!

## Thursday Parent & Caregiver Luncheon (Sponsored by NFPA)

Thursday, April 9 11:45 am - 1:00 pm | The Westin North

Take a well-deserved break and join us for a lively lunch just for parents and caregivers! Connect with others who "get it," share stories, and refuel for the afternoon. Thanks to our friends at NFPA, you'll enjoy good food, great company, and maybe even a little laughter along the way.

## 38th Annual Welcome Reception

Thursday, April 9 5:30 pm | The Westin North

Kick back and celebrate the first day of the conference at our Thursday evening reception! Enjoy a buffet-style dinner, music, and entertainment while mingling with fellow attendees. With a cash bar, plenty of laughs, and a relaxed atmosphere, it's the perfect chance to network, recharge, and end the day on a high note.

## Friday Lunch

Friday, April 10 11:45 am | The Westin North

Take a well-deserved pause with our complimentary Friday lunch! Boxed lunches will be available so you can grab-and-go or sit down with fellow attendees and colleagues. Whether you choose to recharge quietly or connect over conversation, this is the perfect mid-day break from the energy of the workshops.

## Friday Relax & Recharge on the River

Friday, April 10 7:00 pm | San Antonio Riverwalk

After a full conference day, join us for a relaxed night of connection and conversation aboard a Go Rio Cruise on the San Antonio Riverwalk. Grab dinner on your own beforehand, then come ready to unwind, enjoy the sights, and share time with fellow conference attendees. It's the perfect way to recharge and celebrate the journey together!

## Friday Parent & Caregiver Night

Friday, April 10 5:30 pm | San Antonio Riverwalk

Save the date for a special evening for parents and caregivers! After a full conference day, join us for a relaxed night of connection and conversation aboard a Go Rio Cruise on the San Antonio Riverwalk. Grab dinner on your own beforehand, then come ready to unwind, enjoy the sights, and share time with fellow conference attendees. It's the perfect way to recharge and celebrate the journey together!



**ATTACH**  
Teaching the World to Heal

# Thank You

## To Our Conference Committee

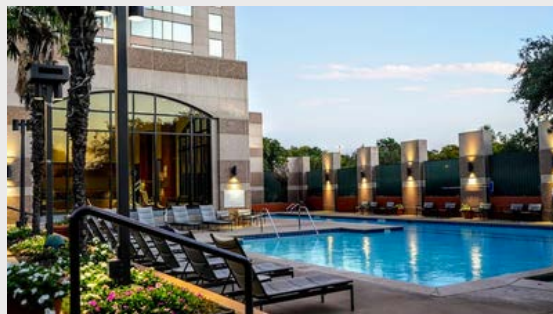
**David Allen, Centene,**  
Tracy Johnson, Consultant,  
**Arnold Eby, NFPA**  
Rita Riojas, Superior Health Plan,  
**Bonnie Butler, Self Employed Coach,**  
Bea Oak, James Barry Robinson Institute,  
**Helaine Sandler, OPI Houston,**  
Sarah Bingham, Superior Health Plan,  
**Camille Clark, Casey Family Programs,**  
Kellie Pittman, TFFA  
**Lilli Correll, Resolve to Rise LLC,**  
Michael Martinez, Casey Family Programs  
**Rob Rodriguez**

Robin Pearson,  
**Rebecca Knowles, Unyte Health,**  
Michele Stinnett, Chaddock,  
**Allyson Smith, Fulshear Treatment to Transition,**  
Tammy Wells, NFPA  
**Kellee Walker, Arrow Child & Family Ministries,**  
Heather Goode, Casey Family Programs,  
**Karen Bartling,**  
Robbie Callis,  
**Mary McGowan, ATTACH**  
Sue Badeau, ATTACH,  
**Stacey Notch, ATTACH**  
Noemi Contreras, ATTACH

## Conference Venue

### The Westin San Antonio North

9821 Colonnade Blvd, San Antonio, TX 78230



## Welcome to San Antonio!

In San Antonio, Y'all means All

We're not just saying you're welcome here, we mean it. Whether you're visiting solo, traveling with your favorite people, or showing your family a new adventure, you'll find that our city embraces everyone with open arms and warm hearts.

San Antonio is proud to be a place where diversity isn't just celebrated, it's lived daily.

Fun Fact: Over 75% of our residents identify with diverse backgrounds, and that beautiful mix of cultures is what gives San Antonio its unbeatable energy, flavor, and charm.

***Make the most of your conference experience by immersing yourself in all that this incredible destination has to offer.***

[Click Here to  
Learn More and  
Book Your Stay  
Today!](#)



## You'll feel the love in...

- 🌍 Melting Pot Metropolis - San Antonio is where global cultures meet Texas charm. Stroll through neighborhoods that sing with heritage, bite into dishes that span continents, and discover why they're known as the Cultural Capital of Texas.
- ❤️ Unity in Community - No matter what's happening in the world, San Antonio stays strong in its values. They lift each other up, celebrate differences, and stand proud for everyone—from women's rights to racial equity to LGBTQ+ pride.
- ✨ Ready to Share Our Spirit - We can't wait to welcome you and share what makes San Antonio truly special. Bring your story, your culture, your full self.

# Parents & Caregivers

## You're Invited!

Celebrate.  
Connect.   
Recharge.

This year's conference honors 38 years of supporting families. These special events are designed just for you—because you deserve it.



# EVENTS & OPPORTUNITIES FOR PARENTS & CAREGIVERS


 **Thursday Lunch | 11:45 AM-1:00 PM**



Break bread, renew friendships, and kick off your conference with connection and encouragement.

Sponsored By:



 **Connected Conversations**  
**Friday, April 9 3:00-4:30 PM**  
**Saturday, April 11 1:00-2:30 PM**

Relax, reflect, and share stories with others who "get your life." These built-in sessions offer space to connect and breathe.



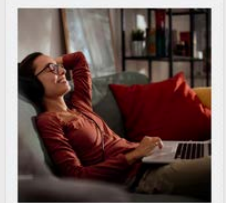
 **Friday Night Riverwalk Outing | 7:00 PM**



Hop on our free bus to the Go Rio boat cruise! Enjoy goodie bags, giveaways, and laughter with fellow caregivers. Special parent-only bus available. *Dinner on your own before-hand.*


 **Chill Zone**

Loaded with fun and relaxing activities such as coloring supplies, puzzles, selfie-stations, snacks and beverages, this room is set aside to give you a "home-base" to pop-in, unwind, hydrate, process what you are learning, or meet up with a new friend.



"Thank you for providing a space for parents/caregivers to connect and find each other. That's one of the best parts of this conference. Thank you!"

*~ Previous Conference Parent/Caregiver Attendee*

 **This is more than a conference—it's your community. Pack your curiosity, your smile, and maybe your dancing shoes. We can't wait to see you there!**





# Thank You

*To Our Sponsors!*

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*Corporation*



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The James Barry-Robinson Institute

# ATTACH Annual Conference

## Advertising & Sponsorship Opportunities

Elevate your organization's visibility and impact at the ATTACH Annual Conference!

### Secure sponsorship now!

Elevate your organization's visibility and impact by purchasing a sponsorship package at our conference! Showcase your commitment to social responsibility while gaining valuable exposure to professionals and caregivers in the field. Don't miss this opportunity to make a meaningful impact and stand out among industry leaders.

### Become an Exhibitor!

Showcase your business to professionals and caregivers, and help create an engaging space for networking and learning. Gain exposure on our website, app, and at the event. Reserve your space now:

6' x 30" Table:

Non-Profit Rate: \$600

Standard Rate: \$750

Optional electrical service available. Join us and make an impact!

[Click Here Learn More About Sponsorship & Exhibitor Opportunities and Make a Difference Today!](#)

### Ad Options

Limited ad space! Please submit your application, payment, and electronic file promptly. Accepted formats: jpeg, png, tif, or gif. Choose black/white or color, but beware of distortion when enlarging. Ensure your format matches the ad size precisely for optimal quality. Thank you!

Discover sponsorship packages tailored to meet all levels! With options ranging from \$1,000 to \$25,000, there's a package suitable for every budget and goal.

**Your investment will directly empower families through top-tier professional development and training, ensuring that no matter the level, your support makes a significant difference in their lives. See what your sponsorship could get you below:**

#### ● ENHANCE BRAND EXPOSURE

Secure digital program ad space to prominently showcase your logo across the digital program, website, and on-site at the conference, maximizing brand visibility.

#### ● MAXIMIZE VISIBILITY

Showcase your organization to our diverse audience.

#### ● ENGAGE DIRECTLY

Stand out with exhibitor tables and engage directly with professionals and caregivers.

#### ● EXTEND YOUR REACH

Leave a lasting impression with promotional items for tote bags, extending your brand's reach.

#### ● EXCLUSIVE BENEFITS

Enjoy complimentary conference admission and a one-year ATTACH membership, accessing exclusive benefits while supporting our mission.

Available sponsorship benefits vary by sponsorship tier.

[Click here to see full sponsorship details.](#)

[Click here to register for a sponsorship](#)

**You don't have to sponsor to support! Placing an ad still boosts your visibility and showcases your brand to our diverse audience, enhancing your reach and impact.**

[CLICK HERE TO REGISTER](#)

**FULL PAGE PRINT SPACE**

(\$1,500.00) DIMENSIONS: 7.5" WIDTH X 10" HEIGHT

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**1/2 PAGE PRINT SPACE**

(\$1,000) DIMENSIONS: 7.5" WIDTH X 5" HEIGHT

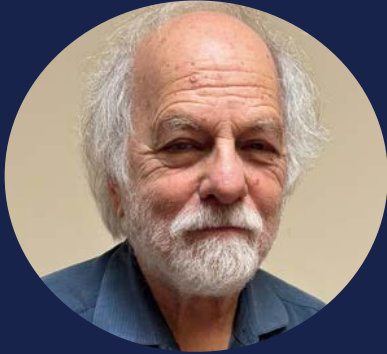
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**1/4 PAGE PRINT SPACE**

(\$700) DIMENSIONS: 3.75" WIDTH X 5" HEIGHT

# Keynote Speakers

AND PLENARIES



## Dr. Jonathan Baylin Researcher, Author

Dr. Baylin has been working in the mental health field for more than 50 years. For the past 25 years, while continuing his clinical practice, he has immersed himself in the study of neurobiology and in teaching mental health practitioners about the brain.

## THURSDAY OPENING KEYNOTE

8:30 AM - 10:00 AM

### Triple Trouble: A Brain-based Model of Developmental Trauma and Attachment-focused Treatment

Dr. Baylin will present his current model of the impact of early life trauma on a child's neurobiological development. He will discuss three core ways in which exposure to extreme stress can cause children to devote their brain development to deep mistrust of other people, Blocked Trust. He will describe the mid brain alarm system, the SELF system or default mode network, and the anti-reward system and explain how the interplay of these systems leads to chronic defensiveness, fragmentation of the sense of self, and chronic dysphoria or hopelessness about the future. With this integrative model as a guide, Dr. Baylin will then discuss implications for treatment, focusing on ways to target Triple Trouble for change and healing, including ways to prevent chronic Blocked Care in adults dedicated to reawakening a child's potential to trust.

**Learning Objectives:** 1) Attendees will gain a deeper understanding of how early life adversity channels a child's development into chronic mistrust and self-defense 2) Attendees will be able to describe 3 major big brain networks and their relevance to trauma-informed treatment 3) Attendees will learn how HARD PACE can help to prevent Blocked Care when parenting or treating children with a history of Triple Trouble

**ABOUT DR. BAYLIN:** Dr. Baylin received his doctorate in clinical psychology from Peabody College of Vanderbilt University in 1981. He has been working in the mental health field for more than 50 years. For the past 25 years, while continuing his clinical practice, he has immersed himself in the study of neurobiology and in teaching mental health practitioners about the brain. He has given numerous workshops for mental health professionals on "Putting the Brain in Therapy".

About 17 years ago, Dr. Baylin began a collaborative relationship with Dan Hughes, a leader in the field of attachment-focused therapy. Their book, *Brain Based Parenting*, was released by Norton Press in the spring of 2012 as part of the Norton series on Interpersonal Neurobiology. Later, in 2016, Norton published their second book, *The Neurobiology of Attachment-focused Therapy*. Currently, they are writing a second edition of *Brain Based Parenting*. Dr. Baylin has delivered keynote sessions at international conferences and has also given numerous workshops both internationally and regionally within the USA focusing on developmental trauma and implications for treating children and adults with histories of extreme early life stress.

# Keynote Speakers

## AND PLENARIES



### Angela Tucker, Keynote Speaker

One of America's most recognizable voices in adoption, Angela is working to amplify adoptee voices. Featured in The Washington Post, CNN, The Seattle Times, The New Yorker, Red Table Talk, and so much more! Find Angela's full bio, story, and achievements on her website, [www.angelatucker.com](http://www.angelatucker.com)

FRIDAY MORNING KEYNOTE | 8:30 - 10:00

### Crossing Boundaries: Attachment Challenges and Truths in Transracial Adoption

Many transracial adoptions occur without a deep examination of classism and racism, which can lead to adoptees being deracinated from their biological family and roots. Through storytelling, Angela shares her experience as a transracial adoptee and the insights she has gained over the last 15 years of experience as a mentor to adoptees, consultant to adoptive families and a cultural commentator. You'll learn about the Ghost Kingdom, the Sondersphere and you'll hear how her earliest attachments with her foster family saved her life.

**Learning Objectives:** 1) Describe the Racial Awareness and Identity Development of Transracial Adoptees 2) Develop Practical Skills for Addressing Insensitive Remarks and Understand Racial Norms in America 3) Develop strategies to build and support adoptees' connection to their cultural heritage and mitigate feelings of ethnic disconnection.

**ABOUT ANGELA TUCKER:** Angela was born in Tennessee and raised in Washington State. She was adopted from foster care with a diagnosis of spastic quadriplegia and was labeled a "failure to thrive." Drawn to providing for her medical needs, her adoptive parents welcomed her into a large family with seven other children who were also adopted specifically to support their unique disabilities. Despite challenges, Angela defied doctors' predictions and ended up learning to walk at a later age and then going on to play collegiate basketball and track. Her profound hearing loss was mitigated with hearing aids when she was just five years old, which she has come to embrace and proudly wear as a fashion accessory.

While studying Psychology at Seattle Pacific University, Angela began blogging to explore her experiences growing up in a closed adoption. In 2013, she located her biological parents and captured the reunion on film, which was initially intended as personal footage. Her husband, Bryan Tucker, recognized its impact and created CLOSURE, a documentary that premiered on Netflix.

After touring with the documentary in 2013, Angela launched The Adopted Life Episodes, a pioneering video series that elevates the experiences of teenage transracial adoptees, discussing issues of racial identity, biological family relationships, and the complexities of unknown heritage. Her 2020 podcast, The Adoptee Next Door, breaks adoption stereotypes and provided adoptees a platform to reshape public understanding.

In 2022, she founded the Adoptee Mentoring Society, a non-profit providing virtual mentorship for adoptees, by adoptees. Her book, "You Should Be Grateful:" Stories of Race, Identity and Transracial Adoption was published by Beacon Press in 2023.

# Keynote Speakers

## AND PLENARIES



### Dr. Jaiya, John, Motivational Speaker

Dr. Jaiya John was orphan-born on ancient Indigenous Anasazi and Pueblo lands in the high desert of New Mexico, and is an internationally recognized freedom worker, poet, novelist, author, and speaker. Jaiya is the founder of Soul Water Rising, a global rehumanizing mission to eradicate oppression. Find out more about Dr. Jaiya John on his website, <https://jaiyajohn.com/>

SATURDAY CLOSING KEYNOTE | 3:00 - 4:30

### Our Sweet Song of Being Woven Together: How Relationships Heal Us

Dr. Jaiya John's keynote is a poetic incantation to stir our souls to remember themselves. Weaving his lived and professional journey as a poet, healer, teacher, and sacred witness through the sweetgrass strands of our collective history of harm and healing, Dr. John delivers a rhapsodic soul revival. His loving testimony of our human experience with relationships reroots us in the vital soil of our profoundly vital social nature. Dr. John's life, work, and keynote message are a rehumanizing balm and ballad for our tenderness as practitioners, caregivers, healers, leaders, kin, community, and human souls. This keynote is not just informational. It is a piercing massage, soul water rising, hope dealing, breath birthing, prayer call for us to gather in our majesty and ancestral memory, reckon with truth as a practice in gardening trust, and liberate our sacred healing gifts.

**Learning Objectives:** 1) Identify, discern, analyze, assess, and critique both oppressive-colonized and humanistic-liberative modalities for personal wellbeing, professional practice, leadership, system healing, and sacred community relations. 2) Apply concepts of liberation psychology and Indigenous healing to professional practice, leadership development, personal growth and healing, educational instruction, and child and family welfare advocacy, activism, and writing. 3) Plan and create collaborative educational programming, practice modalities, and community engagement and mobilization approaches based on Indigenous liberation and healing principles and storytelling.

**ABOUT DR JOHN:** Jaiya is the founder of Soul Water Rising, a global rehumanizing mission to eradicate oppression. The mission has donated thousands of Jaiya's books in support of social healing and offers grants to displaced and vulnerable youth. He is the author of numerous books, including *Daughter Drink This Water*, *We Birth Freedom at Dawn*, *Fragrance After Rain*, and *Freedom: Medicine Words for your Brave Revolution*. Jaiya writes, narrates, and produces the podcast, *I Will Read for You: The Voice and Writings of Jaiya John*, and is the founder of *The Gathering*, a global initiative and tour reviving traditional gathering and storytelling practices to fertilize social healing and liberation. He is a former professor of social psychology at Howard University and has spoken to over a million people worldwide and audiences as large as several thousand. Jaiya holds doctorate and master's degrees in social psychology from the University of California, Santa Cruz, where he was a National Science Foundation Fellow with a focus on intergroup and race relations. His Indigenous soul dreams of frybread, sweetgrass, bamboo in the breeze, and turtle lakes whose poetry is peace.

# Workshop Schedule

## THURSDAY, APRIL 9

	KEYNOTE 8:30 - 10:00	SESSION 1 10:15 - 11:45	SESSION 2 1:00 - 2:30	SESSION 3 3:00 - 4:30
TRACK A Parent & Caregiver	<b>Triple Trouble: A Brain-based Model of Developmental Trauma and Attachment-focused Treatment</b> <i>Jonathan Baylin, PhD</i>	<b>Parenting the Teen Years: Anticipate Disconnection, Strengthen Attachment</b> <i>Moses &amp; Johnson</i>	<b>Strengthening Connection and Reducing Challenging Behaviors in Children with IDD</b> <i>Golden</i>	<b>From Trauma to Triumph! Helping Your Child Build a Strong Identity</b> <i>Maxon</i>
TRACK B OT / Sensorimotor		<b>Advancing Trauma-Informed Occupational Therapy: Integrating Clinical Insight &amp; Case Analysis</b> <i>Taggart</i>	<b>Nature Through Nurture: Supporting Regulation Through Relationship</b> <i>Le Roux</i>	
TRACK C Intermediate Professional		<b>Embracing Resilience Nurturing Attachment Beyond Trauma</b> <i>Morford</i>	<b>Understanding and Navigating Loss: Clinical Strategies for Healing and Resilience</b> <i>Goldwater</i>	
TRACK D Advanced Clinical		<b>Attachment, Trauma, and Healing: Experiential Interventions</b> <i>Levy &amp; Radetsky</i>		<b>Triple Trouble: A Deeper Dive for Mental Health Practitioners</b> <i>Baylin</i>
TRACK E Multidiscipline		<b>No Needs are Special: Neurodiversity-Affirming Approaches to Trauma and Attachment</b> <i>TenPas</i>	<b>Birds &amp; Bees 2.0! Demystifying Sexual Health Conversations with Youth</b> <i>Van Tassell</i>	<b>A Disease of Loneliness: Addiction through an Attachment Theory Lens</b> <i>Roeske</i>
TRACK F Child Welfare		<b>Bringing NMT Home: Rewiring Healing in Everyday Spaces</b> <i>Walker, Trebilcock, Cartwright</i>	<b>Enhancing Case Management of Indigenous Youth</b> <i>LaFrinier-Ritchie</i>	<b>Bridging Assessment and Attachment: Trauma-Informed Parental Capacity Evaluations in Child Welfare</b> <i>Coates</i>
TRACK G Healing Connections		<b>Where to Begin: 5 Lessons to Help the Trauma Impacted Caregiver</b> <i>Garner &amp; Aaron-Hatchett</i>	<b>The Life Raft of Intimate Relationships: Saving Yourself Through Attachment</b> <i>Garza, Randell, Cowan</i>	<b>Creating Peace at Home: Strategies to Calm Chaos and Confusion</b> <i>Butler</i>

# Workshop Schedule

FRIDAY, APRIL 10

	KEYNOTE 8:30 - 10:00	SESSION 4 10:15 - 11:45	SESSION 5 1:00 - 2:30	SESSION 6 3:00 - 4:30
TRACK A Parent & Caregiver	<p><b>Crossing Boundaries: Attachment Challenges and Truths in Transracial Adoption</b> <i>Angela Tucker</i></p>	<p><b>Parental Grit: Sustaining a Caring State of Mind towards a Triple Trouble Child</b> <i>Jon Baylin, PhD</i></p>	<p><b>Current Trends with Adoption Subsidy</b> <i>Kroll</i></p>	<p><b>Connected Conversations for Parents &amp; Caregivers</b></p>
TRACK B OT / Sensorimotor		<p><b>Relational "Soil": Adverse Community Experiences and Social Determinants of Health</b> <i>TenPas</i></p>	<p><b>Sound as a Regulator: Exploring Sound Through a Sensory Processing and Integrative Lens</b> <i>Frick &amp; Knowles</i></p>	<p><b>Developmental Pathways to Healing: A DIR/Floortime Approach</b> <i>Miller</i></p>
TRACK C Intermediate Professional		<p><b>'Beyond the Score: What Are ACEs and How Do I Fix Them?</b> <i>Huey</i></p>	<p><b>Brain Mapping for Positive Developmental, Educational &amp; Therapeutic Experiences</b> <i>Paxton</i></p>	<p><b>Babies Have a Story to Tell: Supporting Families After Difficult Births</b> <i>White</i></p>
TRACK D Clinical		<p><b>Attachment Communication Training</b> <i>Levy &amp; Coughlin</i></p>	<p><b>Consultation in Attachment Focused Treatment: Dyadic Developmental Psychotherapy</b> <i>Clark</i></p>	
TRACK E Multidiscipline		<p><b>Guiding with Grace: Therapeutic Strategies for Transformative Parenting</b> <i>Hill, Davis &amp; Kilgore</i></p>		<p><b>HeARTwork: Creating Secure Attachment Through Trauma-Informed Artmaking</b> <i>Brace</i></p>
TRACK F Child Welfare		<p><b>Meeting the Attachment Needs of Staff in a Trauma-wise Organization</b> <i>Gilliam, Watters &amp; Hill</i></p>	<p><b>Attachment Blueprints in Spanish Culture</b> <i>Salcedo &amp; Estrello</i></p>	<p><b>Guiding Growth: Scaffolding the Lives of Transitional Age Youth</b> <i>Green, Lemmert &amp; Walker</i></p>
TRACK G Healing Connections		<p><b>Safe Harbor: A Father's Guide to Being a Steady Presence for Traumatized Kids</b> <i>Eby</i></p>	<p><b>Navigating the Attachment Needs of Teens and Young Adults</b> <i>Watters</i></p>	<p><b>Fetal Alcohol Spectrum Disorders from a Trauma Lens</b> <i>Clark &amp; Eby</i></p>

# Workshop Schedule

## SATURDAY, APRIL 11

	SESSION 7 8:30 - 10:00	SESSION 8 10:15 - 11:45	SESSION 9 1:00 - 2:30	CLOSING KEYNOTE 3:00 - 4:30
<b>TRACK A</b> Parent & Caregiver	<b>Trauma and Transition: Improving outcomes for Youth in the Transition to Adult Life</b> <i>Crockett</i>	<b>Honoring Adoptee Experiences: From Walls to Bridges</b> <i>Winn, Babino, Palmer</i>	<b>Connected Conversations for Parents &amp; Caregivers</b>	<b>Our Sweet Song of Being Woven Together: How Relationships Heal Us</b> <i>Dr. Jaiya John</i>
<b>TRACK B</b> OT / Sensorimotor	<b>Paving the Path to Participation in Pediatric Occupational Therapy</b> <i>Eismann &amp; Jackson</i>	<b>Breathe into Connection</b> <i>Frick &amp; Knowles</i>	<b>Respond &amp; Repair - Evolving &amp; Advancing OT Skills in Supporting Adaptive Capacity</b> <i>Beins &amp; Cavaliere</i>	
<b>TRACK C</b> Intermediate Professional	<b>The Circles of Sexuality Assessment</b> <i>Losier &amp; Hughes</i>	<b>Reinvigorating Family Therapy: Empowering Clinicians to Maximize Family Engagement</b> <i>Quigneaux</i>	<b>The Intersection of Adoption and Addiction</b> <i>Furst</i>	
<b>TRACK D</b> Clinical	<b>Is compassion really fatiguing? Go beyond 'self-care': CE-CERT, A model for secondary trauma</b> <i>Van Tassell</i>		<b>Beyond Talk: The Power of Experiential Therapy for Young Adults with Personality and Mood Disorders</b> <i>Imam &amp; Deadman</i>	
<b>TRACK E</b> Multidiscipline	<b>Loving the Child I have: Attachment, Grief, and healing after an IDD Diagnosis</b> <i>Salcedo &amp; Estrello</i>	<b>Internal Family Systems: Approach to Achieving Harmony Within</b> <i>Kurtz</i>	<b>The Intersection of Interoceptive Awareness and Mental Health</b> <i>Schmidt</i>	
<b>TRACK F</b> Child Welfare	<b>Life Skills After Trauma: Teaching for Lasting Independence</b> <i>Dunlevy</i>	<b>Generational/Scars Trauma</b> <i>White, Mendez &amp; Gonzales</i>	<b>Burnout Contagion: When Helping Hurts the Team</b> <i>Ring</i>	
<b>TRACK G</b> Healing Connections	<b>Addressing Bullying Behaviors at Home</b> <i>Gockley</i>	<b>What to do with Challenging Behaviors</b> <i>Maxon</i>	<b>Choosing Play: Why Playtime is Important Across the Lifespan</b> <i>Peterson &amp; Buchholz</i>	



# THURSDAY, APRIL 9

7:30 AM	REGISTRATION OPENS
8:00 AM	EXHIBIT AREA OPENS
8:30 AM - 10:00 AM	WELCOME & OPENING KEYNOTE
10:00 AM - 10:15 AM	MORNING BREAK
10:15 AM - 11:45 AM	SESSION 1 WORKSHOPS
11:45 AM - 1:00 PM	LUNCH BREAK (ON YOUR OWN)
11:45 AM - 1:00 PM	PARENT/CAREGIVER LUNCHEON
1:00 PM - 2:30 PM	SESSION 2 WORKSHOPS
2:30 PM - 3:00 PM	AFTERNOON BREAK
3:00 PM - 4:30 PM	SESSION 3 WORKSHOPS
5:00 PM	EXHIBIT AREA CLOSES
5:30 PM	WELCOME RECEPTION

## Session 1 | 10:15 AM- 11:45 AM

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### **1A: Parenting the teen years: Anticipate Disconnection, Strengthen Attachment.** *Parent/Caregiver Track*

This workshop helps parents and professionals support preteens and teens through disconnection, defiance, and developmental shifts. Grounded in attachment, values-based parenting, and the HOME model, participants will learn how to stay consistent without becoming rigid, respond with compassion over control, and foster long-term connection through reflective, intentional parenting practices.

**Learning Objectives:** 1) Identify 3-5 attachment based strategies for maintaining connection during moments of teen disconnect 2) Describe the difference between values-driven consistency and reactive rigidity in family rhythms. 3) Apply the HOME model to real-life parenting dilemmas to reduce power struggles and respond with confidence, 4) Reframe challenging behavior from “disobedient” to “disoriented” to support compassionate and effect

**Presenter(s):** Hilary Moses, MSW, LCSW | Solutions Family Support | Tuscon, AZ

### **1B: Advancing Trauma Informed Occupational Therapy: Integrating Clinical Insight & Case Analysis.** *Sensorimotor/OT Track*

Explore the occupational therapist’s role in Synopsis trauma-informed care through case analysis and collaborative intervention design. This session emphasizes evaluating trauma’s impact on function and integrating caregivers to support meaningful outcomes, equipping practitioners with evidence-informed strategies to promote healing, resilience, and occupational engagement.

**Learning Objectives:** 1) Identify 3 specific ways OT practitioners can integrate TIC strategies into the evaluation process. 2) Synthesizing case study findings and formulating trauma-informed treatment approaches. 3) Design collaborative opportunities for psychoeducation that actively engage caregivers.

**Presenter(s):** Lara Taggart, Ed.D., OTR/L | Northern Arizona University | Scottsdale, AZ

### **1C: Embracing Resilience: Nurturing Attachment Beyond Trauma.** *Intermediate Professional Track*

This presentation delves into the Developmental Trauma and Attachment Program (DTAP)®, a treatment approach marrying neuroscience and attachment theory to facilitate healing in children and families impacted by developmental trauma. Underlying theory, rationale for appropriateness with this population, generalization across clinical and non-clinical settings, and case conceptualization will be provided.

**Learning Objectives:** 1) Identify the three phases of the DTAP® treatment approach and corresponding brain areas. 2) Recognize at least two core concepts within each phase of the DTAP® treatment approach. 3) Describe how to apply the DTAP® treatment approach with a child and family in a clinical setting.

**Presenter(s):** Kaylee Morford, LPC | Chaddock | Quincy, IL

### **1&2D: Attachment, Trauma, and Healing: Experiential Interventions.** *Clinical Track 10:15-2:30 with 1.25-hour lunch break*

Safe, secure and loving parent-child and adult intimate relationships are basic to achieving health and happiness. Early developmental trauma, such as abuse, neglect, chaotic family conditions, and abandonment and betrayal, often result in severe anxiety, PTSD, depression, shame, self-contempt, emotional and behavioral dysregulation, toxic and dysfunctional relationships, and medical illnesses. Experiential interventions are often effective when treating clients with severe trauma and attachment injuries.

**Learning Objectives:** 1) Describe the psychological, social, cognitive, and biological aspects of trauma and attachment. 2) Utilize effective individual and relationship-based assessment methods, including the Life Script. 3) Identify experiential interventions to improve emotional dysregulation, core beliefs, neurobiology. 4) Apply Attachment Communication Training to foster constructive communication and secure attachment. 5) Explain how traumatized clients can achieve positive personal and relationship goals.

**Presenter(s):** Dr. Terry M. Levy, PhD | Evergreen Psychotherapy Center | Evergreen, CO  
Randall Radetsky, MA | Evergreen Psychotherapy Center | Evergreen, CO

## Session 1 | 10:15 AM- 11:45 AM

### **1E: No Needs are Special: Neurodiversity-Affirming Approaches to Trauma and Attachment. *Multidiscipline Track***

Children with developmental disabilities and other neurodivergence are disproportionately exposed to trauma. This interactive and reflective workshop creates a "brave space" for interdisciplinary clinicians to probe implicit biases and knowledge/skill gaps while examining the "state of the science" in lived experience and best practice with neurodivergent individuals and their families.

**Learning Objectives:** 1) Reflect on neurodiversity, lived experience, ableism, power, and real-life clinical practice 2) Apply basic principles for neurodiversity-affirming practice in every single clinical encounter 3) Build responsive therapeutic relationships with neurodivergent clients and their families

**Presenter(s):** Heidi TenPas, OTD, OTR/L | Masada Community Mental Health Services | Carson, CA

### **1F: Bringing NMT Home: Rewiring Healing in Everyday Spaces. *Child Welfare Track***

This workshop explores how to effectively integrate the core principles and practices of the Neurosequential Model of Therapeutics (NMT) into the home environment. An in depth look at practical, neuro-biological strategies, which can be implemented by caregivers to enhance regulation, strengthen attachment and promote healing for youth and families.

**Learning Objectives:** 1) Identify 3-5 neurobiological challenges faced by youth and families who have experienced trauma. 2) Identify 3-5 NMT principles applicable to engaging & interacting with youth in an effective method. 3) Identify 3-5 practical hands-on strategies from NMT to enhance regulation, attachment & healing.

**Presenters(s):** Kellee Walker, MA LPC-S, LCCA | Arrow Child & Family Ministries | Spring, TX  
Tesney Trebilcock, LCSW | Arrow Child & Family Ministries | Grand Prairie, TX  
Brianna Cartwright, LPC | Arrow Child & Family Ministries | Fort Worth, TX

### **1G: Where to Begin: 5 Lessons to Help the Trauma Impacted Caregiver. *Healing Connections Track***

This presentation is designed for caregivers and family therapists working with children or adolescents with self-regulation problems stemming from developmental trauma. This presentation gives 5 lessons which can be used in session with caregivers and applied quickly to help increase stability and overall regulation in the home.

**Learning Objectives:** 1) Learn the term "state-dependent functioning" and identify how it impacts children/caregiver response 2) Learn 3 strategies which avoid common traps of trauma-impacted children/adolescents 3) Identify 3 action-steps which can be considered to modify the home environment for success 4) Rehearse 2 skills for caregiver regulation to be used when faced with a dysregulated child/teen 5) Learn 4 ways to increase positive reinforcement interactions to help increase self-esteem

**Presenters(s):** Sean Garner, LPC, RPT | San Marcos Treatment Center | New Braunfels, TX  
Ragan Aaron-Hatchett, LPC-S, RPT-S | San Marcos Treatment Center | San Marcos, TX



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## Session 2 | 1:00 PM - 2:30 PM

### **2A: Strengthening Connection and Reducing Challenging Behaviors in Children with IDD. *Parent/Caregiver Track***

Connection can often look different or seem more difficult with a child with an intellectual or developmental disability (IDD). This workshop equips parents and caregivers with ways to build strong connections with someone with IDD. Through strengthening our connection, we can also more easily reduce, redirect, and regulate challenging behaviors.

**Learning Objectives:** 1) Recognize how connection can look in people with IDD. 2) Apply helpful tips to connect with their child with IDD. 3) Utilize connection to help their child regulate.

**Presenter(s):** Laura E. Golden, OTR, OTD | MHMR of Tarrant County | Fort Worth, TX

### **2 & 3B: Nature Through Nurture: Supporting Regulation Through Relationship *Sensorimotor/OT Track. 1:00-4:30 with 30-minute break***

This workshop explores how a child's innate traits—such as temperament, sensory profile, and neurobiology—are shaped through attuned, nurturing relationships. Participants will learn how to recognize and support each child's unique "nature" through responsive caregiving, promoting regulation, identity development, and healing in the context of trauma and attachment challenges. This workshop explores how a child's innate traits—such as temperament, sensory profile, and neurobiology—are shaped through attuned, nurturing relationships. Participants will learn how to recognize and support each child's unique "nature" through responsive caregiving, promoting regulation, and self-identity.

**Learning Objectives:** 1) Identify at least three innate traits that influence a child's regulatory patterns and behavior 2) Describe how nurturing relationships can support or hinder a child's natural disposition 3) Analyze case examples in support of trauma-driven responses rooted in the child's nature 4) Demonstrate two co-regulation strategies tailored to support children with differing innate profiles 5) Create an action plan to apply nature-responsive, nurture-informed strategies in clinical practice

**Presenter(s):** Maude Le Roux, ORT/L | Maude Le Roux Academy | West Chester, PA

### **2&3C: Understanding and Navigating Loss: Clinical Strategies for Healing and Resilience. *Intermediate Professional Track. 1:00-4:30 with 30-minute break***

This interactive workshop explores many forms of loss—ambiguous, anticipatory, traditional, traumatic, and disenfranchised—and their impact on attachment and identity. Participants will gain trauma-informed strategies, engage in reflective dialogue, and leave with practical tools to support healing and resilience in clients and themselves.

**Learning Objectives:** 1) Identify and differentiate between various types of loss and their psychological implications. 2) Understand the intersection of loss and attachment disruptions in children, adolescents, and adults. 3) Identify and differentiate between various types of loss and range of treatment strategies 4) Utilize reflective practices to enhance therapeutic presence and emotional attunement. 5) Apply trauma-informed and attachment-based interventions to support clients navigating loss.

**Presenter(s):** Janice Goldwater, LCSW-C | Janice Goldwater Consulting | Silver Spring, MD



## Session 2 | 1:00 PM - 2:30 PM

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### **2E: Birds & Bees 2.0! Demystifying Sexual Health Conversations with Youth. *Multidiscipline Track.***

Few professionals or caregivers get training about sexual health and problem sexual behaviors (PSB) in youth, yet 40% of child sexual abuse is by other youth. These conversations provoke anxiety for caregivers and professionals. We'll provide best-practice PSB and sexual health info and resources promoting healthy futures and safe choices.

**Learning Objectives:** 1) Differentiate typical and non-typical, problematic or concerning sexual development in children 2) Reflect on one's own experience of sexual health education, how does that inform your conversation? 3) Appraise resources to support developmentally and culturally sensitive sexual health conversations 4) Formulate ideas about approaching these conversations with your own children or in your work

**Presenter(s):** Roy Van Tassell, MS, LPC-S | Centene Corporation | Tulsa, OK

### **2F: Enhancing Case Management of Indigenous Youth. *Child Welfare Track***

This presentation will cover key points in serving Indigenous youth and families, including historical perspectives and an overview of historical and intergenerational trauma. The presenter will share tips, tools, and curriculum examples to improve case management and increase positive outcomes for Indigenous youth who have experienced trauma.

**Learning Objectives:** 1) Build knowledge around youth-centered approaches 2) Strengthen understanding of working with Indigenous populations 3) Enhance culturally responsive case management practices

**Presenter(s):** Anne LaFrinier-Ritchie | Someplace Safe | Moorhead, MN

### **2G: The Life Raft of Intimate Relationships: Saving Yourself Through Attachment. *Healing Connections Track.***

This presentation explores how attachment-based strategies can help parents facing compassion fatigue and PTSD. It critiques typical self-care, highlights the psychological toll of parenting traumatized children, and offers tools to strengthen intimate relationships using the Integrated Attachment Model. Key themes include emotional exhaustion, strained support, and trauma-informed caregiving.

**Learning Objectives:** 1) Implement the Integrated Attachment Model - The Caregiver/Seeker Experience 2) Decipher between typical self-care strategies & the deeper needs of parents experiencing CF & PTSD 3) Recognize symptoms of parental PTSD and explore its impact on functioning and family dynamics. 4) Apply principles of the Integrated Attachment Model to better understand and respond to behavior 5) Identify trauma-informed communication & caregiving strategies to strengthen intimate relationships.

**Presenter(s):** Nikki Garza, LCSW | Family Intensive Institute | Houston TX

Kevin Randell, MS | Family Intensive Institute | Richmond, TX

Sheri Cowan | Thrive Advocacy Group | Malvern, PA

## Session 3 | 3:00 PM - 4:30 PM

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### **3A: From Trauma to Triumph! Helping Your Child Build a Strong Identity. *Parent/Caregiver Track***

Your life is a story, write well and edit often! Your child is developing their own narrative and story about their life - what happened and why it happened. Their early trauma, losses and attachment disruptions often create a very negative internal storyteller. Feelings of abandonment, loss, rejection, shame and identity confusion assist them in having a negative self-narrative and an easily triggered emotional interior. Parents and professionals will learn skills and tools that are designed to help children and teens explore, process, think, feel and express themselves as they are empowered to claim all the parts of their identity through a strengths-based, skill building process.

**Learning Objectives:** 1) Understand the key clinical constructs of relational trauma on the developing brain, body and mind 2) Identify and assess the Seven Core Issues in Adoption/Permanency for children/teens 3) Learn and utilize activities and tools that assist children/youth in processing core trauma 4) Utilize strengths-based narrative tools to assist children/teens in cohesive identity formation 5) Utilize trauma informed tools to empower identity building, self-awareness and regulation

**Presenter(s):** Allison Maxon, M.S., LMFT | National Center on Adoption & Permanency | Laguna Hills, CA

### **3D: Triple Trouble: A Deeper Dive for Mental Health Practitioners *Intermediate Professional Track***

In this workshop, Dr. Baylin will go more deeply into his Triple Trouble model of developmental trauma to help professionals deepen their understanding of the neurobiology of developmental trauma. He will discuss an integrative approach to treatment combining relational therapy with "neuromodulation" and deep brain reorienting (Corrigan) to target the underlying brain networks impacted by early life stress. Dr. Baylin will describe cases in which attachment-focused therapy is combined with neurofeedback, a promising integrative approach to helping chronically dysregulated children and adults recover their potential for social engagement and improved self-regulation.

**Learning Objectives:** 1) Attendees will gain a better understanding of neuroscience 2.0 and the big brain networks 2) Attendees will strengthen their understanding of ways to combine relational therapy with neuromodulatory processes, including neurofeedback 3) Attendees will strengthen their ability to apply a brain-informed approach to trauma-informed treatment 4) Attendees will gain an understanding of the importance of the orienting system and ways to help clients recover from Orienting Shock

**Presenter(s):** Jonathan Baylin, PhD | Private Practice | Wilmington, DE



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## Session 3 | 3:00 PM - 4:30 PM

### **3E: A Disease of Loneliness: Addiction through an Attachment Theory Lens. *Multidiscipline Track***

This talk explores how insecure attachment contributes to substance use disorders (SUDs), highlighting the roles of affect regulation, relational deprivation, and neurobiology. It examines the link between attachment styles and SUDs, clinical implications, and the potential of attachment-based, culturally informed treatment approaches.

**Learning Objectives:** 1) Describe why some individuals that use substances, and not others, develop a substance use disorder 2) Identify how attachment-related difficulties contribute to substance use disorder risk 3) Evaluate clinical strategies to improve substance use disorder treatment outcomes

**Presenter(s):** Michael C. Roeske, PsyD | Lifeline Counseling/Lifeline Children's Services | West Chester, PA

### **3F: Bridging Assessment and Attachment: Trauma-Informed Parental Capacity Evaluations in Child Welfare. *Child Welfare Track***

This session explores how trauma-informed Parental Capacity Evaluations can support safe, compassionate decision-making in child welfare cases. Attendees will learn how these evaluations consider caregiver history, parenting strengths, and attachment needs to create fair, evidence-based recommendations that prioritize healing, safety, and family connection.

**Learning Objectives:** 1) Define the purpose and key components of Parental Capacity Evaluations (PCEs) within child welfare 2) Describe how trauma, attachment disruptions, and mental health conditions may influence outcomes. 3) Identify assessment methods commonly used in trauma-informed PCEs. 4) Explain how trauma-informed evaluation practices support family-centered permanency planning. 5) Interpret recommendations that align with child safety, family healing, and cultural responsive care

**Presenter(s):** Justin Coates, MA, LPCC, NCC | Arrows Family Services | St. Peter, MN

### **3G: Creating Peace at Home: Strategies to Calm Chaos and Confusion. *Healing Connections Track***

Explore three foundational strategies for foster/adoptive caregivers to reduce household stress: managing unhelpful thoughts, processing emotions, and clarifying expectations. This trauma-informed session integrates coaching principles and lived experience to help parents foster connection, improve self-regulation, and cultivate a more peaceful, emotionally resilient home environment.

**Learning Objectives:** 1) Differentiate between thoughts and facts to identify unhelpful thinking patterns. 2) Apply the STOP method to interrupt negative thought cycles in real-life parenting moments. 3) Describe key steps for recognizing, processing, and appropriately expressing emotions. 4) Identify common unrealistic expectations and "unwritten manuals" that impact parenting outcomes. 5) Utilize three trauma-informed strategies to promote emotional regulation and reduce household stress.

**Presenter(s):** Bonnie Butler | Bonnie Butler Coaching | San Antonio, TX

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# HEALING CONNECTIONS

## TRAINING FOR PARENTS, CAREGIVERS, & PROFESSIONALS

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# FRIDAY, APRIL 10

7:30 AM	REGISTRATION OPENS
8:00 AM	EXHIBIT AREA OPENS
8:30 AM - 10:00 AM	WELCOME & OPENING KEYNOTE
10:00 AM - 10:15 AM	MORNING BREAK
10:15 AM - 11:45 AM	SESSION 4 WORKSHOPS
11:45 AM - 1:00 PM	LUNCH (PROVIDED)
1:00 PM - 2:30 PM	SESSION 5 WORKSHOPS
2:30 PM - 3:00 PM	AFTERNOON BREAK
3:00 PM - 4:30 PM	SESSION 6 WORKSHOPS
5:00 PM	EXHIBIT AREA CLOSES
5:30 PM	PARENT & CAREGIVER NIGHT
7:00 PM	RIVER CRUISE

## Session 4 | 10:15 AM - 11:45 AM

### **4A: Parental Grit: Sustaining a Caring State of Mind towards a Triple Trouble Child.** *Parent/Caregiver Track*

In this workshop, Dr. Baylin will describe the difference between Easy Care and Hard Care, EASY PACE and HARD PACE. HARD PACE is required when you are parenting a child with BLOCKED TRUST due to experiencing TRIPLE TROUBLE earlier in life. HARD PACE can help to prevent BLOCKED CARE but it requires practice to strengthen your ability to manage the inevitable conflict between your self defense system and your caring system. Dr. Baylin will discuss ways to develop your potential for “feeling and dealing” and relocating a challenging child in your mind from your defense system to your compassion system, beginning with self-directed compassion.

**Learning Objectives:** 1) Attendees will learn the difference between easy PACE and hard PACE 2) Attendees will learn 3 ways to practice HARD PACE 3) Attendees will strengthen their ability to be compassionate with themselves in the process of parenting a challenging child

**Presenter(s):** Jonathan Baylin, PhD | Private Practice | Wilmington, DE

### **4B: Relational "Soil": Adverse Community Experiences and Social Determinants of Health.** *Sensorimotor/OT Track*

Enrich the “soil” feeding our bodies, psyches, and relationships: This workshop presents a call to action and clinical roadmap for occupational therapists and other interested helpers to sensitively and practically address socioeconomic barriers and daily life demands perpetuating chronic dysregulation and toxic stress physiology in our highest-need families and communities.

**Learning Objectives:** 1) Apply contemporary clinical and human rights theory to basic needs underpinning relational health 2) Complete a comprehensive biopsychosocial analysis of child/family life to identify unmet needs 3) Co-create responsive interventions in direct partnership with caregivers, families, and systems

**Presenter(s):** Heidi TenPas, OTD, OTR/L | Masada Community Mental Health Services | Carson, CA

### **4C: Beyond the Score: What Are ACEs and How Do I Fix Them?** *Intermediate Professional Track*

Adverse Childhood Experiences (ACEs) silently shape lives, drive dysfunction, and fuel lifelong challenges—but they’re not a life sentence. In this raw, eye-opening keynote, we’ll unpack what ACEs really are, how they hijack the brain and behavior, and most importantly, how to fight back with proven tools that heal and empower.

**Learning Objectives:** 1) Identify the core categories of Adverse Childhood Experiences (ACEs) and their prevalence 2) Describe the neurological impact of ACEs on brain development, behavior, and long-term health 3) Explain the PACEs framework and identify at least three protective or compensatory experiences that buffer the impact of ACEs. 4) Apply 3 trauma-informed principles to real-world scenarios in clinical and community settings 5) Describe 1 actionable strategies to build resilience in individuals affected by ACEs

**Presenter(s):** Ken Huey, CMHC, PhD | The Hope Group | Cedar City, UT

### **4D: Attachment Communication Training** *Advanced Clinical Track*

Attachment Communication Training (ACT) is a structured, goal-oriented method of teaching communication and conflict-management skills, and creating secure attachment in parent-child and adult intimate relationships. It promotes safety, security, support and empathy, mintsages destructive behaviors (criticism, defensiveness, threat) and enhances secure attachment and positive connection. Videos will illustrate ACT with parent-child and adult partners.

**Learning Objectives:** 1) Identify and practice the ACT guidelines of sharing and listening. 2) Explain the difference between a therapist-centered and a relationship-based approach in therapy. 3) List specific contracts established prior to ACT. 4) Discuss how the Life Script is used in ACT. 5) Demonstrate effective use of ACT with dyads.

**Presenter(s):** Dr. Terry M. Levy, PhD | Evergreen Psychotherapy Center | Evergreen, CO  
Erin Coughlin, MA, MFTC, LPCC, NCC | Evergreen Psychotherapy Center | Evergreen, CO

## Session 4 | 10:15 AM - 11:45 AM

### **4&5E: Guiding with Grace: Therapeutic Strategies for Transformative Parenting. *Multidiscipline Track***

This session equips professionals with therapeutic parenting strategies to support foster, adoption, kinship, and guardianship families. Participants will explore the impact of trauma, attachment challenges, disrupted development, and gain tools to promote attunement, healing, and felt safety, laying the foundation for stronger, more connected relationships through intentional and informed caregiving.

**Learning Objectives:** 1) Demonstrate competence using tools as practiced in this workshop that support attachment, attunement, and promote felt safety. 2) Identify at least 3 interventions that professionals can utilize to support attachment, attunement, and promote felt safety. 3) Outline at least 4 key competencies of an adoption competent child welfare and mental health practice focusing on the impact of trauma and attachment on development, mental health, and behavior. 4) Create practical strategies for implementing effective therapeutic parenting to provide parents with. 5) Apply workshop concepts to real-life scenarios and day-to-day practices.

**Presenter(s):** Shamele Hill, MSW | Center for Adoption Support and Education | Burtonsville, MD  
Edna Davis, M.P.H. | Center for Adoption Support and Education | Burtonsville, MD  
LaShawnda Kilgore, Ph.D. | Center for Adoption Support and Education | Jessup, MD

### **4F: Meeting the Attachment Needs of Staff in a Trauma-wise Organization. *Child Welfare Track***

Leadership is a relational venture. Using Dr. Howard Bath's three pillars of Trauma Wise practice, the presenters will share their journey of bringing relational practices into a community mental health setting, empowering executives to understand the role of attachment theory in how we see and navigate relationships and the world around us.

**Learning Objectives:** 1) Audience members will learn about attachment theory and distinguish its role in the workplace. 2) Explain the three pillars of trauma wise care in the workplace and how to utilize strengths. 3) Recognize the need for attuned, connected care in the workplace to offer healing.


**Presenter(s):** Leah Gilliam, LCSW | Tarrant County MHMR | Fort Worth, TX  
Scott Watters, MS, LPC | MHMR of Tarrant County | Arlington, TX

### **4G: Safe Harbor: A Father's Guide to Being a Steady Presence for Traumatized Kids. *Healing Connections Track***

Fathers play a vital role in children's healing after trauma and attachment disruptions. This interactive session, designed for fathers, grandfathers, and father figures, features a panel sharing lived experiences. Participants will explore the impact of father-child relationships, discuss parenting challenges, and learn practical trauma-informed strategies to build safety, trust, and connection.

**Learning Objectives:** 1) Describe how early trauma and disrupted attachment affect a child's development. 2) Identify key ways fathers (and father figures) can foster safety, trust, and connection with children who have experienced trauma, using real-life insights shared by the panel of experienced fathers. 3) Apply specific, trauma-informed approaches to strengthen their relationships with their children, navigate common challenges, and support long-term healing and well-being.

**Presenter(s):** Arnold Eby | National Foster Parent Association | Hagerstown, MD



**3 Modules**  
**1.5 CEs per module**

# Hope for Children & Families

## On Demand Training for Child Welfare Professionals & Social Workers

This program is Approved by the National Association of Social Workers (Approval # 886914008-7378) for 1.5 continuing education contact hours.

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ATTACH Presents  
**Healing Connections**  
A Community Approach to Childhood Trauma and Attachment  
Edited by: Mary Jo Land, Sue Gardner, Mary Jo McGowan





## Session 5 | 1:00 PM - 2:30 PM

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### **5A: Current Trends with Adoption Subsidy *Parent/Caregiver Track***

In this session, you will learn the basics of adoption assistance for children adopted from foster care. Topics include eligibility, benefits, taxes, and more. Participants will receive state specific information and will come away with concrete information and strategies to better advocate for foster and adopted children with special needs.

**Learning Objectives:** 1) Participants will be able to understand if their child is eligible for adoption assistance. 2) Participants will be able to advocate for adoption assistance and other supports for their child. 3) Participants will understand how adoption assistance works in out of home situations. 4) Participants will understand how adoption assistance will impact child support orders.

**Presenter(s):** Josh Kroll | Adoption Subsidy Resource Center | Minneapolis, MN

### **5B: Sound as a Regulator: Exploring Sound Through a Sensory Processing and Integrative Lens. *Sensorimotor/OT Track***

Sound provides us with an immediate sense of danger or threat, as well as opportunities for safety and connection with another. Join this session to gain a deeper understanding of the multifaceted influence sound on nervous system regulation and daily life function, and augment your clinical toolbox.

**Learning Objectives:** 1) Describe the mechanisms of auditory processing through a sensory integrative lens. 2) Explain the relationship between sound and nervous system regulation. 3) Recognize when a listening therapy may support an individual's nervous system regulation.

**Presenter(s):** Sheila M. Frick; OTR/L | Therapeutic Resources, Inc. | Middleton, WI  
Rebecca Knowles, OTD, OTR/L, RYT | Unyte Health US | Denver, CO



## The Most Trusted Name in Attachment and Trauma

Calo is the nation's leading residential treatment center specializing in treating and understanding the impact of early childhood trauma.

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For over a decade, Calo has created hundreds of successful outcomes for families struggling with developmental trauma. Serving preteens, teen boys, teen girls and emerging young adults.

## Session 5 | 1:00 PM - 2:30 PM

### **5C: Brain Mapping for Positive Developmental, Educational & Therapeutic Experiences. *Intermediate Professional Track***

This presentation will explore the impact of adverse experiences on the developing child's brain through the framework of the Neurosequential Model of Therapeutics (NMT). With the NMT Metric, clinicians can get a snapshot of the child's functioning brain and identify interventions that will support healthier development and attachment.

**Learning Objectives:** 1) Describe the hierarchical structure of the brain. 2) Recognize the impact of developmental trauma. 3) Recognize an over sensitized intimacy barrier in a youth. 4) Identify appropriate interventions based upon the results of an NMT Metric (brain map).

**Presenter(s):** David Paxton, LISW-S | The Village Network | Wooster, OH

### **5&6D: Consultation in Attachment Focused Treatment: Dyadic Developmental Psychotherapy. *Advanced Clinical Track 1:00-4:30, with 30-minute break***

Participants will present cases for discussion within the framework of DDP and receive consultation, which can be used for certification in Dyadic Developmental Psychotherapy. Phases of treatment and the differential use of components will be presented during case discussion. Clinical enactments, demonstrations of DDP interventions/techniques, and role-playing will be used. Those wanting to present, contact Mr. Clark two weeks before the workshop.

**Learning Objectives:** 1) Application of Dyadic Developmental Psychotherapy principles and components to case assessment 2) Plan treatment using the principles of Attachment-Focused Family Therapy by citing case examples 3) Demonstrate how to use the principles, components, with an understanding of trauma-informed treatment 4) Demonstrate Attachment-Focused Treatment phases and components through participation enactment 5) Apply DDP interventions to specific case goals of treatment considering phase of treatment

**Presenter(s):** Craig Clark, MA, LMFT | Attachment Center of Monterey Bay | Capitola, CA



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The James Barry-Robinson Institute



## Session 5 | 1:00 PM - 2:30 PM

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### **5F: Attachment Blueprints in Spanish Culture. *Child Welfare Track***

This workshop will explore and discuss past the definition of attachment in the Hispanic culture. We will look at concepts of "room, relationship, rest, and play" and their importance in child development through caregiver child relationship.

**Learning Objectives:** 1) Define "attachment" the lens of Hispanic culture and the appropriate term 2) Name- four concepts of attachment in building the bond of attachment 3) Recognize- 3 impacts of separation in child development 4) Learn- skills on building therapeutic homes where the focus is on providing secure attachment 5) Recognize- one's own attachment blue print and what changes are necessary

**Presenter(s):** Araceli Salcedo, LPC -S | Sunshine's Counseling, LLC | El Paso, TX  
Priscilla Estrello, MSW | EAP Counselor | El Paso, TX

### **5G: Navigating the Attachment Needs of Teens and Young Adults. *Healing Connections Track***

Adolescence can be one of the most challenging seasons of our developmental journey. Scott Watters takes an attachment perspective to navigating the relational needs of young people in the adolescent phases of life (ages 10-30) and how we might best support them as they form new and independent attachments.

**Learning Objectives:** 1) Identify how attachment is formed and how it changes through development 2) Create skills to empower teens and young adults to identify and find ways to meet their attachment 3) Define healthy relationships for teens and young adults and empower them to seek those relationships

**Presenter(s):** Scott Watters, MS, LPC | MHMR of Tarrant County | Arlington, TX



2025 ATTACH Conference Stats



5 COUNTRIES

- USA
- Canada
- Iceland
- Egypt
- South Africa



42 STATES

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## Session 6 | 3:00 PM - 4:30 PM

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### **6B: Developmental Pathways to Healing: A DIR/Floortime Approach. *Sensorimotor/OT Track***

This 90-minute interactive workshop introduces participants to the DIR/Floortime model as a powerful, trauma-informed framework for supporting children's emotional and sensory development. Emphasizing all six Functional Emotional Developmental Capacities (FEDCs), with a focused lens on symbolic thinking (FEDC 6), the workshop explores how trauma impacts a child's ability to engage, regulate, relate, and create meaning. Through real case videos and collaborative discussion, attendees will practice identifying developmental capacities and learn how to tailor interventions that promote safety, symbolic expression, and co-regulation.

**Learning Objectives:** 1) Describe how trauma impacts the six Functional Emotional Developmental Capacities (FEDCs). 2) Identify signs of symbolic thinking and its role in trauma processing. 3) Apply DIR-informed strategies to support co-regulation, play, and emotional development.

**Presenter(s):** Erika Miller, OTD, OTR/L | TheraFUN Pediatric Clinic | Blanchard, OK

### **6C: Babies Have a Story to Tell: Supporting Families After Difficult Births. *Intermediate Professional Track***

Many families report having traumatic or difficult births, and subsequent challenges after birth. Babies are aware, conscious, participate in birth and want to show their story. This presentation will give examples of the ways that babies have a story to tell that includes video or pictures for practitioners and parents to grasp the baby's experience.

**Learning Objectives:** 1) Participants will grasp the complexity of birth and measurements of birth trauma 2) Participants will gain an overview of how baby's experience birth and show their story 3) Participants will discover the baby's story of difficult births through case studies

**Presenter(s):** Kate White MA, BCBMT, RCST, CEIM, SEP, PPNE, PLC | Center for Prenatal and Perinatal Programs | Charlottesville, VA

### **6E: HeARTwork: Creating Secure Attachment Through Trauma-Informed Artmaking. *Multidiscipline Track***

This workshop explores the integration of trauma-informed artmaking into attachment-focused therapy. Participants will learn how creative expression fosters co-regulation, repairs attachment wounds, and supports healing. Through hands-on activities, participants will discover how art can facilitate emotional safety, trust-building, and secure attachment in trauma healing.

**Learning Objectives:** 1) Describe at least two ways the therapeutic use of art can support emotional safety and co-regulation 2) Facilitate one trauma-informed art-based activity designed to help clients explore or repair attachment 3) Explain how creative expression can serve as a nonverbal pathway for children to access, explore, and integrate difficult experiences. 4) Apply at least one developmentally appropriate adaptation of therapeutic artmaking.

**Presenter(s):** Darlene Brace, LCSW, LAC, ACS, CCTP, ADS, RYT-500 | Authentic Healing LLC | Thornton, CO

### **6F: Guiding Growth: Scaffolding the Lives of Transitional Age Youth. *Child Welfare Track***

This workshop focuses on transitional age youth (ages 13-20), highlighting the unique developmental challenges of this period for those in the child welfare system. This workshop centers on providing actionable support through the lens of the Neurosequential Model of Therapeutics to enhance the development of these youth.

**Learning Objectives:** 1) Identify 3-5 core challenges of transitional age youth in child welfare. 2) Identify 3-5 assessment strategies for identifying baseline functioning of transitional age youth. 3) Identify 3-5 strategies, including from NMT, scaffolding youth to greater stability & independence.

**Presenter(s):** Nicole Green, LCPC | Arrow Child & Family Ministries | Jarrettsville, MD  
Kristi Lemmert, MBA, LCSW-IPR, CCM, LSSYB | Arrow Child & Family Ministries | Tyler, TX  
Kellee Walker, MA LPC-S, LCCA | Arrow Child & Family Ministries | Conroe, TX

### **6G: Fetal Alcohol Spectrum Disorders from a Trauma Lens. *Healing Connections Track***

Explore how prenatal exposure impacts brain development and attachment in individuals with FASD. This session introduces a trauma-informed, neurobehavioral lens to better understand behaviors and shift responses from frustration to compassion—helping caregivers and professionals support connection, regulation, and long-term growth. Part 2 will focus on strategies.

**Learning Objectives:** 1) Explore the risk factors associated with prenatal exposure to alcohol, illicit drugs, and tobacco 2) Define FASD and explain the connection between brain impairments and observable behaviors. 3) Examine the range of diagnoses under the FASD umbrella and identify supports available for children 4) Identify why consequence-based or punitive approaches are ineffective for youth w/ trauma histories 5) Interpret neurobehavioral causes of challenging behaviors and apply effective response strategies.

**Presenter(s):** Barb Clark | Barb Clark FASD | Homosassa, FL  
Arnold Eby | National Foster Parent Association | Hagerstown, MD

# SATURDAY, APRIL 11

7:30 AM	REGISTRATION OPENS
8:00 AM	EXHIBIT AREA OPENS
8:30 AM - 10:00 AM	SESSION 7 WORKSHOPS
10:00 AM - 10:15 AM	MORNING BREAK
10:15 AM - 11:45 AM	SESSION 8 WORKSHOPS
11:45 AM - 1:00 PM	LUNCH (ON YOUR OWN)
1:00 PM - 2:30 PM	SESSION 9 WORKSHOPS
2:30 PM - 3:00 PM	AFTERNOON BREAK
3:00 PM	EXHIBIT AREA CLOSES
3:00 PM - 4:30 PM	CLOSING KEYNOTE

## Session 7 | 8:30 AM - 10:00 AM

### **7A: Trauma and Transition: Improving outcomes for Youth in the Transition to Adult Life.** *Parent/Caregiver Track*

The transition to adult life and work is challenging enough on its own, the addition of social pressures and an increase in teen mental health issues along with the impact of trauma associated with abuse makes that transition more challenging. Youth with risk factors for trauma are often missing exposure to and the ability to integrate critical success skills into that transition.

**Learning Objectives:** 1) Identify and differentiate between normal and pathological adolescent behaviors. 2) Recognize 6 skills & behavioral traits that correlate most closely with effective adult transition. 3) Formulate a plan to help youth practice these 6 skills through discussion and activities.

**Presenter(s):** Tom Crockett | Together We Can Foundation | Virginia Beach, VA

### **7B: Paving the Path to Participation in Pediatric Occupational Therapy.** *Sensorimotor/OT Track*

This workshop explores how occupational therapy supports children who have experienced trauma through felt safety, caregiver attunement, and emotional regulation. This presentation will utilize case studies and evidence-informed approaches to support clinicians in understanding strengths-based assessment, caregiver coaching, and interdisciplinary collaboration across the continuum of development and participation.

**Learning Objectives:** 1) Articulate the distinct value of trauma-informed occupational therapy services in pediatrics 2) Demonstrate an understanding of foundational skills that support how children learn self-regulation 3) Identify 3 strategies to evaluate and treat children with a strengths-based approach 4) Identify 2 intervention tools to help build a child's self-regulation in the clinic and classroom 5) Learn to apply 2 intervention tools and techniques to empower caregivers to help their children

**Presenter(s):** Maria Eismann, MOT, OTR/L | Nationwide Children's Hospital | Columbus, OH  
Colette Jackson, OT | Nationwide Children's Hospital | Columbus, OH

### **7C: The Circles of Sexuality Assessment.** *Intermediate Professional Track*

Skills to navigate the social/sexual landscape develop within the context of one's attachment experiences. The Circles of Sexuality framework offers a broad, holistic view of human sexuality, encompassing aspects such as sensuality, intimacy, sexual identity, sexual health and reproduction, and sexualization (SIECUS, 2004). This assessment can be utilized to help clients process their unique emotional and experiential ingredients, including attachment experiences, that shape their sexual beliefs and behaviors & how one navigates the social/sexual landscape.

**Learning Objectives:** 1) Participants will be able to identify the 5-components of the Circles of Sexuality model. 2) Identify relationship between attachments patterns & sexual behavior. 3) Have a list of questions for processing each component for the Circles of Sexuality.

**Presenter(s):** Lora Losier, LMFT, AASECT Certified Sex Therapist | Hughes Forensic & Behavioral Consultants | Greensburg, PA  
Carol Hughes | Hughes Forensic & Behavioral Consultants | Greensburg, PA

### **7 & 8D: Is compassion really fatiguing? Go beyond 'self-care': CE-CERT, A model for secondary trauma.** *Advanced Clinical Track 8:30 - 11:45, with 30-minute break*

Child trauma professionals and foster parents report about equal rates of burnout. Helping children have healthier futures can bring secondary traumatic stress (STS) along for the journey. Components for Enhancing Career Experience and Reducing Trauma (CE-CERT) is a skills-based approach with outcome data showing it helps reduce burnout and STS.

**Learning Objectives:** 1) Recognize how addressing negative emotions head-on reduces distress 2) List and describe the five key CE-CERT skills -supported by evidence- for handling intense emotion 3) Apply personal reflection for awareness of values, beliefs and self-talk about work roles 4) Evaluate how the concept of "practicing in your practice" can aid emotional rebalancing in real-time 5) Formulate an action plan using one or more key strategies that will help you deal with stress

**Presenter(s):** Roy Van Tassell, MS, LPC-S | Centene Corporation | Tulsa, OK

## Session 7 | 8:30 AM - 10:00 AM

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### **7E: Loving the Child I have: Attachment, Grief, and healing after an IDD Diagnosis. *Multidiscipline Track***

This workshop explores the emotional and relational impact families experience when receiving an unexpected diagnosis of intellectual and developmental disabilities (IDD) at birth. Led by a mother of a child with Down syndrome and a co-presenter with a sibling with the same diagnosis, this session offers a unique blend of personal storytelling and reflective insight. The presentation delves into common yet often unspoken reactions, such as grief, fear, and parental depression, while emphasizing the attachment process and healing journey.

**Learning Objectives:** 1) Describe at least three emotional stages parents commonly experience following an IDD diagnosis. 2) Recognize three signs of unresolved grief or denial that hinder bonding and early intervention. 3) Apply two trauma-informed strategies to improve caregiver-child connection and emotional regulation.

**Presenter(s):** Araceli Salcedo, LPC -S | Sunshine's Counseling, LLC | El Paso, TX  
Priscilla Estrello, MSW | EAP Counselor | El Paso, TX

### **7F: Life Skills After Trauma: Teaching for Lasting Independence. *Child Welfare Track***

Learn how to teach essential independent living skills to children with trauma histories. This session equips caregivers with trauma-informed strategies to build trust, foster resilience, and prepare youth for adulthood while meeting their unique emotional and developmental needs.

**Learning Objectives:** 1) Identify how trauma and attachment disruption impact the development of IL Skills in children 2) Apply trauma-responsive strategies to teach daily life skills 3) Demonstrate developmentally appropriate, relationship-based methods that build skill acquisition

**Presenter(s):** Sharon Dunlevy | Ohio Child Welfare Training Program | Plainfield, IN

### **7G: Addressing Bullying Behaviors at Home. *Healing Connections Track***

"Addressing Bullying Behaviors at Home" helps parents and caregivers recognize early signs of bullying, understand its root causes, and respond with empathy and effective strategies. This session empowers families to create safe, respectful home environments that model healthy communication and emotional regulation.

**Learning Objectives:** 1) Recognize the signs and root causes of bullying behavior in children, including trauma 2) Apply effective communication and intervention strategies to address bullying behaviors with empathy 3) Create a home environment that promotes emotional safety, accountability, and respect

**Presenter(s):** Pamela Gockley | Vigilant Corporation & The Camel Project | Reading, PA

## Session 8 | 10:15 AM - 11:45 AM

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### **8A: Honoring Adoptee Experiences: From Walls to Bridges. *Parent/Caregiver Track***

Join our panel to explore how early loss and trauma lead to subconscious emotional walls from the perspectives of three adult adoptees from different generations and racial backgrounds. These protective barriers help shield we adoptees from pain and vulnerability especially in relationships, shaping our life's emotional experiences.

**Learning Objectives:** 1) Recognize the voices and lived experiences of adopted humans. 2) Recognize the need for cultural humility and open communication in multiculturally/blended families. 3) Acknowledge the complex needs of an adopted human to create a strong individual sense of identity. 4) intent vs Impact: Adoption, race and culture in microaggressions and macroaggressions. 5) Identify expressions of ambiguous/traumatic grief within adoptees.

**Presenter(s):** Amy Winn | Santa Fe, NM  
Erica Babino | Samata Mediation and Consulting, LLC | Buda, TX  
Zoe Palmer | MA candidate for art therapy and counseling | New Mexico

### **8B: Breathe into Connection. *Sensorimotor/OT Track***

Parents will leave this session with practical tools to foster deeper emotional connection with their children. Through the lens of breath, parents will explore one of the most direct pathways into the body/brain connections that support regulation. Learn how breathing provides an accessible tool that shapes the dynamics of self-regulation and coregulation.

**Learning Objectives:** 1) Explain how social engagement and the autonomic nervous system are linked 2) Describe the relationship between breathing and regulation 3) Utilize breathing techniques to enhance regulation and connection

**Presenter(s):** Rebecca Knowles, OTD, OTR/L, RYT | Unyte Health US | Denver, CO

**8C: Reinvigorating Family Therapy: Empowering Clinicians to Maximize Family Engagement. *Intermediate Professional Track***

The family system is vital to the conceptualization and treatment of adolescent mental health concerns. This presentation aims to help clinicians prioritize family engagement in adolescent care, discusses challenges in managing complex family dynamics, and teaches skills to integrate the parents and guardians into treatment.

**Learning Objectives:** 1) Develop techniques to strengthen family engagement in treatment. 2) Conceptualize complexity of family dynamics and their impact on treatment. 3) Explain multiple modalities and interventions to utilize with a family system. 4) Formulate a plan to understand and navigate countertransference.

**Presenter(s):** Samantha Quigneaux, LMFT | Newport Healthcare | Bethlehem, CT

**8E: Internal Family Systems: Approach to Achieving Harmony Within. *Multidiscipline Track***

This interactive workshop will introduce and explore the components of Internal Family Systems to understand and relate with ourselves through a different paradigm. Participants will gain discernment of IFS elements (parts and Self), engage in a dyad activity to explore their own inner work, and leave with resources they can utilize with clients imminently.

**Learning Objectives:** 1) Identify and differentiate internal parts from Self 2) Distinguish and recognize when Self leadership is present 3) Utilize and apply the 8C's and 5P's of Self leadership for inner harmony of participant's own system

**Presenter(s):** Courtney Kurtz, LPC-A | Lake Austin Psychotherapy | Austin, TX

**8F: Generational/Scars Trauma. *Child Welfare Track***

The workshop will show how parent's unresolved trauma can influence their parenting style and the parent-child relationship. Different Modalities can work together to help bring healing to a family. Early childhood trauma affects brain functioning and behavior in both children and adults.

**Learning Objectives:** 1) Understand the Impact of Trauma on Brain Development 2) Recognize Intergenerational Trauma 3) Apply Trauma-Informed Practices 4) Assess Family Dynamics Through a Trauma Lens 5) Provide after care support

**Presenter(s):** Sandra White, | Casey Family Program | San Antonio, TX

Selene Mendez, MSW | Casey Family Program | San Antonio, TX

Steven Gonzales, PhD. BCBA-D, LBA, LCDC | Casey Family Support Services | San Antonio, TX

**8G: What to do with Challenging Behaviors. *Healing Connections Track***

Trauma, neglect and multiple attachment disruptions have a negative impact on a child's developing brain, social, emotional, cognitive and physiological development. A child's belief system about 'what happened' and 'why' it happened is important for us to know and understand. For parents and professionals to intervene effectively and create relational healing, we must decode the challenging emotions and behaviors that keep children stuck in fear of emotional intimacy and attachment. What are children supposed to do with the overwhelming pain, grief, suffering, hurt, loneliness, shame and anger they carry in their bodies, memories, and minds? Many children have learned survival skills and defensive strategies that include behaviors such as lying, stealing, manipulating, defiance, chronic anger/rage and detachment/avoidance.

**Learning Objectives:** 1) Understand the key clinical constructs of relational trauma, developmental trauma, and the impact on the attachment caregiving system. 2) Review attachment theory and attachment patterns, as a basis for self-assessment and strengthening the parent's emotional attunement to the needs of a child with developmental (relational) trauma. 3) Introduce and practice utilizing a developmental lens so that responses/interventions/treatment are based on developmental need (not pathology). 4) Participants will learn to use the conceptual framework of emotional intelligence as way to strengthen parents/caregivers ability to read and attune with the emotional cues, triggers and behaviors of their child. 5) Review and understand the concept of the internal working model as a way to understand the impact relational trauma has on the developing belief system of the child.

**Presenter(s):** Allison Maxon, M.S., LMFT | National Center on Adoption and Permanency | Laguna Hills, CA

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## Session 9 | 1:00 PM - 2:30 PM

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**9B: Respond & Repair - Evolving & Advancing OT Skills in Supporting Adaptive Capacity. *OT/Sensimotor Track***

This workshop enhances pediatric clinical reasoning & skills through practical exercises integrating polyvagal theory and listening therapies into treatment addressing attachment challenges. Participants will learn to promote adaptive capacity, assess through sensory and polyvagal lenses, and to support parent-child dyads through reparative attachment experiences. Includes discussion of evidence, case examples, and clinical insights.

**Learning Objectives:** 1) Differentiate adaptive capacity from performance and identify indicators of progress for each. 2) Apply 3 guiding principles for integrating PVT and listening therapies to a therapeutic process. 3) Educate caregivers about the evidence base, rationale and benefits of integrative approaches. 4) Create shared experiences of parent-child co-regulation, aligned to the PEO triad. 5) Apply personal experiences of autonomic shifting to client specific clinical reasoning and treatment

**Presenter(s):** Kelly Beins, OTR/L | Unyte-iLs | Frederick, MD

Catherine Cavaliere, PhD, OTR/L | Dominican University New York | New York

## Session 9 | 1:00 PM - 2:30 PM

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### **9C: The Intersection of Adoption and Addiction. *Intermediate Professional Track***

Adoptees are nearly twice as likely to struggle with substance abuse, yet treatment options are limited and under-researched. This presentation will explore current research, potential treatment options, considerations, and modalities for effectively treating this underserved adoptee population.

**Learning Objectives:** 1) Summarize the specific difficulties in treating adoptees that struggle with substance abuse 2) Describe a treatment plan for an adoptee that struggles with substance abuse 3) Demonstrate understanding of how to implement authenticity as a means of increasing attachment as 4) Summarize the common misunderstandings associated with this population, and the specific strategies

**Presenter(s):** Brett Furst, Psy.D., MA, LMFT | Rising Roads | Newport Beach, CA

### **9D: Beyond Talk: The Power of Experiential Therapy for Young Adults with Personality and Mood Disorders. *Advanced Clinical Track***

This workshop explores the transformative potential of experiential therapy in treating young adults diagnosed with personality and mood disorders. Drawing from attachment-based models, family systems theory, and integrative experiential modalities, presenters will highlight the unique needs of clients who have been over-therapized and pathologized. Through real-life clinical examples, interactive activities, and discussion of unconventional approaches (e.g., equine therapy, cooking, sand tray), clinicians will gain tools to connect more authentically with their clients, navigate clinical messiness with confidence, and harness experiential interventions for deeper healing.

**Learning Objectives:** 1) Identify at least three experiential therapy interventions applicable to work with young adults. 2) Explain how attachment-based & relational frameworks enhance the effectiveness of experiential work. 3) Differentiate between talk therapy and experiential therapy in terms of client engagement. 4) Apply strategies for navigating clinical ambiguity and ethical "grey areas". 5) Demonstrate increased comfort with spontaneity, creative interventions, and client-led treatment.

**Presenter(s):** Injila Imam, LPC, NCC | Optimum Performance Institute | Houston, TX  
Courtney Deadman, MSW, LMSW | Optimum Performance Institute | Houston, TX

### **9E: The Intersection of Interoceptive Awareness and Mental Health. *Multidiscipline Track***

Explore the latest research on interoceptive awareness and its connection to trauma and mental health, how it impacts function, and how you can help develop this critical skill. The 3 As (Ask, Aware, and Act) concept will be introduced to support interoceptive awareness in school and private practice.

**Learning Objectives:** 1) Explain the role of interoception for daily function. 2) Identify how interoceptive awareness impacts trauma and mental health. 3) Explain how to use the 3As as a tool to support interoceptive awareness.

**Presenter(s):** Heather Schmidt, MS, OTR/L | 1-2-3 RESET | Golden Valley, MN

### **9F: Burnout Contagion: When Helping Hurts the Team. *Child Welfare Track***

This session explores burnout contagion; how emotional exhaustion spreads through trauma-informed teams and impacts outcomes. Participants will learn how to identify early warning signs, protect staff energy, and create environments that support both clients and caregivers. Walk away with sustainable leadership strategies and tools that promote lasting connection and retention.

**Learning Objectives:** 1) Recognize at least 3 behavioral & emotional indicators of burnout contagion with trauma-exposed team 2) Apply two practical micro-interventions that interrupt the cycle of burnout 3) Create a culture improvement action step using a self-guided audit to reduce hidden stressors

**Presenter(s):** BillieJean Ring, MBA | BJR Solutions | Windcrest, TX

### **9G: Choosing Play: Why Playtime is Important Across the Lifespan. *Healing Connections Track***

In this experiential workshop, join with other adults to embody new knowledge about the importance of playing across the lifespan. Identify your attachment classification and your play personality. Engage in activities, including laughter yoga, that support a healthy body, mind, and spirit in yourself and those you serve.

**Learning Objectives:** 1) Evaluate and explore what play means across the lifespan. 2) Acquire and synthesize knowledge at the intersections of neuroscience, attachment, trauma, and play. 3) Identify and nurture your play personality as experiential activities are facilitated. 4) Curate a "play toolbox" with at least five activities specific to the self and those served.

**Presenter(s):** Amantha "Amy" Peterson, MSW, BFA | Self-employed | Springfield, VA  
Erica Buchholz, PhD | Self-employed | Springfield, VA



# ATTACH Trainings at a Glance



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Discover our comprehensive suite of Attachment and Trauma training at ATTACH! Whether you're a parent seeking support, a caregiver, an occupational therapist, or any other professional working with children, our trainings are tailored to meet your needs. ***Gain valuable insights, practical strategies, and evidence-based approaches to better support children impacted by trauma and attachment disorders.***

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Empower yourself to understand and support children with problem behaviors. Join our intensive online attachment training series designed for parents and caregivers. Gain evidence-based insights and practical strategies to bring hope and healing to the children in your care. Ideal for parents, adoptive parents, foster parents, caregivers, kinship providers, therapists, social workers, educators, and more. **NOW AVAILABLE ON DEMAND!**

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## ● Treating Developmental Trauma and Attachment in Children (TDTAC)

Join our live, online course, Treating Developmental Trauma and Attachment in Children (TDTAC). Ideal for therapists, clinicians, and school counselors, this 31.25-hour course explores cutting-edge research in Interpersonal Neurobiology. Gain practical skills to support children affected by trauma and attachment issues. Earn CEs and become eligible for ATTACH mental health clinician registration. Don't miss this chance to advance your practice and make a difference! CEs available through NBCC.

## ● Occupational Therapy Assessment for Attachment and Trauma: Level 1, 2, 3

Discover our three-tiered training series in Attachment and Trauma for pediatric occupational therapy! Level 1 introduces trauma-informed care essentials, Level 2 delves deeper into therapeutic techniques, and Level 3 offers small group workshops on theory and practical application. Each level is designed for Occupational Therapists, OT Assistants, and those in pediatrics and family care. Earn CE credits for each level: Level 1 - 14 CE credits, Level 2 - 23.5 CE credits, and Level 3 - 20 CE credits. Elevate your practice and join us for this transformative learning journey!

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Specifically designed for Child Welfare Professionals, Hope for Children & Families is a comprehensive program providing essential knowledge and practical tools to understand, address, and support the intricate needs of children who have experienced trauma.

- 3 progressive modules, designed to be taken consecutively or stand-alone.
- **BONUS:** Discussion groups are available after you complete any of the modules. These discussions are intended to maximize the impact of your on-demand training and provide an invaluable opportunity to dive deeper into the material, share insights, and ask questions in real-time





# Parent & Caregiver Support Group for Members of ATTACH \*

Do you ever wish you could talk to people who understand what you are going through as a caregiver? Someone who can just listen? ATTACH's trauma informed, parent and expert led support calls are for parents and caregivers caring for children who have experienced trauma through abuse and /or neglect. The ATTACH staff are foster and adoptive parents themselves. If you are a foster parent, a kinship provider, an adoptive parent or a parent struggling, this is for you. Come when you need to, whether it's once or as often as you would like. You can listen or talk—it's up to you. You are not alone.

## **Sample of Topics**

Back to School We Go: Preparing for a Successful School Year

Getting Real about the Taboo Topic: Sexual Behavior in Children

Understanding and Addressing Sleep Issues in Children

Drugs and Teens: Risky Use and Addiction

Happy Holidays? Coping with Stress and Triggers the Holidays Often Bring

*To participate in the next confidential, online Parent & Caregiver Support Group meeting, visit [attach.org/portfolio-items/parent-caregiver-support/](https://attach.org/portfolio-items/parent-caregiver-support/) for more information.*

*\*Must have a Parent & Caregiver or Parent Household membership with ATTACH to join.*

# Become an ATTACH Member

*and receive special conference and training discounts!*

## Teaching the World to Heal – Together

Being a member of ATTACH supports our work across the U.S. to make trauma and attachment training, workshops and resources available to professionals and families. As an ATTACH member, you will receive discounts to live and online workshops and more. When you are a member of ATTACH, you're joining a coalition of people, professionals, parents, caregivers and families who understand what you're dealing with, and many who have gone through it before.

Your membership is vital in helping ATTACH develop high quality trauma and attachment trainings, workshops and resources that support healthy developmental and wellness outcomes for children and youth of every age.

*Explore the different membership options at the link below and join today.*

[attach.org/membership](https://attach.org/membership)

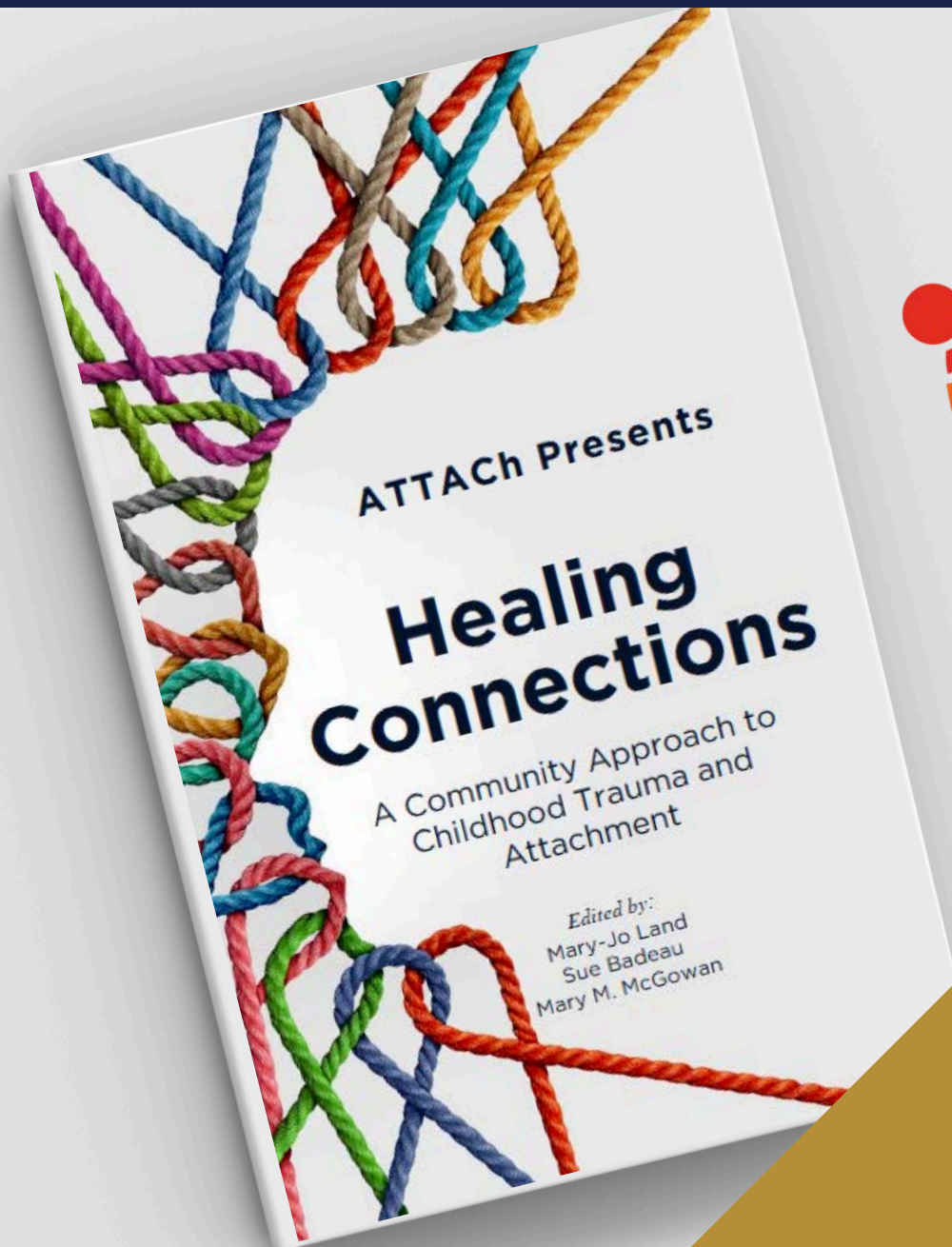


# BUY YOURS TODAY!

ATTACH's new book

## **Healing Connections**

a collaborative work uniting voices from diverse communities providing caregivers and professionals caring for and serving children and youth with **research**, **knowledge**, and **tools**.



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online at [attach.org](http://attach.org)  
or on Amazon!